

ABSTRACT

[00035] Systems and methods for stabilizing a handheld object are described herein. One embodiment comprises systems/methods for an easily portable stabilizing apparatus for use with hand-held devices such as cameras, binoculars, camcorders, firearms and other devices where relative immobilization of the hand-held device is preferred. The stabilizing apparatus comprises an attachment anchor for securing the stabilizing device to the hand-held apparatus. A stabilizing cord is attached to the attachment anchor. The stabilizing cord is then secured by either attachment to a stationary object or by compressing the cord between two or more objects, such as an operator's foot and the ground. Optionally, a cord lock can be employed to quickly secure the stabilizing cord to a predetermined height. A cord cap and cord spools and recoil devices can also be employed to facilitate stabilizing cord storage.